

C O U N C I L O R

Capable of helping children feel special and important

Observes students in many school settings

Understands social, academic, and developmental needs of students

Never loses sight of a student's unique potential

Supports students, teachers, staff and families

Enhances one's ability to make good decisions, manage feelings and solve problems

Listens with an open mind without criticizing or judging

Organizes classroom guidance discussions and activities

Refers to other school staff and community resources when needed

Mission Statement

The Sylvan Union School District believes that a quality guidance and counseling program is an integral part of the total educational program. This allows all students the opportunity to acquire skills in relating to self and others, educational planning, and social/emotional development.



ELEMENTARY AND
MIDDLE SCHOOL

SYLVAN UNION SCHOOL DISTRICT COUNSELING PROGRAM



School Counselors:

Mr. Mitch Christiansen
Mrs. Erin Collins
Mrs. Sara Drabert
Mrs. Heather Griffin
Mrs. Genine Meraz
Dr. Nick Minardi
Mrs. Monika Teves
Dr. Charlene West
Mr. Juan Zamora

❖ WHY COUNSELING? ❖

In our changing world:

- By age 18, today's young people have faced more decisions than their grandparents faced in a lifetime.
- Several families move each year.
- Everyone faces career decisions.
- Children and families feel a gamut of emotions that they may or may not understand.

There are far greater risks to youth today than in previous generations.

- Young people face critical decisions about identity.
- Young people face increasing violence in our society.
- Social Media is misused.
- Some young people face hopelessness that can lead to self-destructive behavior.

Young adolescents affected by these and other issues are not able to achieve at their full academic potential. The counselor's primary task is to help them become better learners by providing a program that includes a guidance curriculum, individual planning, responsive services and system support.

❖ COUNSELING SERVICES ❖

Counselors help students gain the self-knowledge necessary to become independent and responsible decision-makers, as well as promote high academic achievement, good citizenship and a positive school climate in the following ways:

- Academic counseling
- Assistance with transitioning to Middle School
- Classroom presentations
- Conflict Management
- Crisis counseling
- Parent/ Guardian Education
- Parent/Teacher consultation
- Referral to community agencies
- School-wide prevention activities
- Short-term individual counseling
- Small group counseling

❖ CONFIDENTIALITY ❖

When a student, parent, or staff member discusses a concern with a counselor, the discussed information is considered confidential (within the limits of the law) and will not be released to others, except as authorized by the individual involved.

❖ 4 COMPONENTS IN A SCHOOL COUNSELING PROGRAM

Guidance Curriculum/ Lessons

- Anger Management
- Bullying Prevention
- Feelings 101
- Friendships
- Gossip/Rumors
- Grief/Loss/Divorce
- Middle School Transition
- Respect/Responsibility
- Social Skills
- Stress Relief

Individual Planning

Helps students in planning, monitoring, and managing their personal growth and school development. This is to assist with good decision making, self-awareness and goal setting.

Responsive Services

Addresses the immediate concerns and needs of students referred by others or themselves. This is to provide crisis prevention or intervention.

System Support

Coordinates services, assists staff and parents, and plans activities for student wellness. This is to aid students both academically and emotionally, to support a successful school career.